



SMALL GROUP NEWSLETTER
ST. MARY OF THE VISITATION PARISH
CAMBRIDGE, (H) ONT.

**SOLEMNITY OF OUR LORD JESUS CHRIST,
KING OF THE UNIVERSE**
November 22, 2015

Introduction to the Word:

We are in our message series called “More than Just Survive”. If you want to know what it is about...well...check out the video link below....and feel free to share it with others:



We all lead and live busy lives. We are constantly rushing from one thing to another - and in the hustle and bustle, at the end of the day - we ask ourselves: “what I am chasing?” We began by looking at the lives of the saints, and they had to make choices which led them to not just survive but in fact in three ways: **to Rest, to Resist and to Reflect** become rooted and thrive.

Warm-Up:

- What do you think the word “reflect” means?
- What do you think influences our society today in establishing what it chooses to reflect?

CALL TO PRAYER (5 MINUTES)

Leader: Our Lord Jesus Christ, King of the Universe, calls us to be reconciled with our God, to experience the amazing grace of God's forgiveness, and thus deepen our relationship with God.

Lord Jesus, you were sent to heal the contrite of heart,
Christ Jesus, you came to call sinners to yourself,
Lord Jesus, you are seated at the right hand of God,

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Let us pray together our Heart to Home Prayer:

*God Our Heavenly Father, we long to make our thoughts your thoughts,
and our ways your ways. As we prepare with attentive mind and open heart
to hear your Word Lord, we long to be empowered with your Spirit
so that we may bring your Word to our families, our parish and our communities.*



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This, our prayer, we make through the intercession of Our Lady of the Visitation and in name of Christ Jesus our Lord. Amen.

SCRIPTURE REFLECTION TIME (45 minutes)

(Please select one person –not including the leader – to take a turn at reading the scripture passages below.)

FIRST READING (Daniel 7:13-14)

I had a dream and visions as I lay in bed. As I watched in the night vision, I saw one like a human being coming with the clouds of heaven. And he came to the One who is Ancient of Days and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.

The Word of the Lord. **Thanks be to God.**

SECOND READING (Revelation 1:5-8)

Jesus Christ is the faithful witness, the firstborn of the dead, and the ruler of the kings of the earth. To him who loves us and freed us from our sins by his blood, and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion forever and ever. Amen. Look! He is coming with the clouds; every eye will see him, even those who pierced him; and on his account all the tribes of the earth will wail. So it is to be. Amen. 'I am the Alpha and the Omega,' says the Lord God, who is and who was and who is to come, the Almighty.

The Word of the Lord. **Thanks be to God.**

GOSPEL (John 18:33b-37)

A reading from the holy Gospel according to John. **Glory to you, O Lord.**

Pilate asked Jesus, 'Are you the King of the Jews?' Jesus answered, 'Do you ask this on your own, or did others tell you about me?' Pilate replied, 'I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a King?' Jesus answered, 'You say that I am king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.'

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

(Allow a few minutes for quiet and for a brief reflection on a meaningful word or thought)

COMMENTARY:

[Your group may wish to listen again to the Audio of the Lord's Day Message](#)



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[At this point please use the video Message for this series – Week # 3](#)

Consider the story mentioned this weekend in both our homily and video reflection of SHIVA. It is a period of mourning and a period of sadness. Many times as we moving back and forth chasing various things we sense we have not accomplished our “to do’s”. Whether these be practical or personal. This leads us into a period of sadness and during this time we fail to shine. When this happens we are not reflecting our best selves – the masterpiece God made us to be. Rather we are a reflection of “self made” selves which are rooted not always in the best of human qualities.

Since the Feast of All Saints our Message Series has lead us in this era of busyness to realize that:

- we seem to be chasing - but chasing what?
- we seem to be after something - but after what ?
- we seem to be seeking something - but seeking what?

These questions have been leading us as we try and figure out where we are rooted and this is where the Saints came marching in, because they helped us remember that we are a child of God - and there is the point from which our dignity comes and from there we seek to:

- Rest in the Lord
- Resist the World
- Reflect God

Those three branches are the place where we have been springing from and last week we looked at Resting in the Lord, which means to relying on Him that our [“Good, Good Father”](#) who is Good all the time - even in moments where the tensions, trials and troubles of life call us to groan our way through. In that Groan (as the two widows in Scripture last week showed us) that we find Glory - through the **Groan we Find Glory!**

This leads us to say that our focus must be not on being defined by the world – but defined by the Lord and thus we must be a people who “Coram Deo” – seek His face! We must not be defined by the world but rather defined only by [“Good, Good Father.”](#) We are made for Joy and our Hearts long for happiness Coram Deo – seek His Face!

So this week as we mark “Christ the King” we ask ourselves who we are reflecting? Is it the masterpiece which God made, or the misery which at times we make, or others impose on our lives?

When our lives are centered about our busyness and not God’s business – well the Book of Life becomes a set of scribbles. Our lives are an intensity of action - we can live in the constant motion of scribbles or we can hand it over to Christ the King who turns it into a Masterpiece



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You in God's story are a Masterpiece - He wishes for you to THRIVE - our efforts are scribbles but in His grace we MORE THAN SURVIVE. We go back and forth from errand to event, from happening to hopelessness and it is a bunch of scribbles - it is only when our lives Reflect who He is - that our lives (and we) become a Masterpiece!

- Are you willing to reflect the goodness of who He made you to be?
- Are you resound in the uniqueness of who God intends for you to be?
- Are you resplendent in the determination to more than just survive but to thrive in the manner God made for you?

When we choose to reflect Christ our King –

= he is a servant - so that we may be servants of each other

= he is a model of compassion so that we may be compassionate with and to one another

= he is a source of hope, love, kindness, gentleness - so that we may be these things too

Then you will see that life will become so much more about shining than shiva and be dedicated to more than just surviving, but thriving!

Message this week – Who are your reflecting? Whose image do people see? Is it the shadow of busyness or God's business? Are you shining or in shiva?

*(Allow about 5 – 10 minutes for the participants to react to the **Commentary** to identify a newly discovered insight or idea.)*

Questions for Reflection and Discussion: (15-20 minutes)

John 18:33-37 “My kingdom is not from this world”

- a) What is your understanding of the heavenly kingdom? What helps define your understanding of the heavenly kingdom?
- b) How are we called to shine and reflect the Kingdom of God here on earth? What are some challenges in this busy world to doing that?

Closing Prayer (15-20 minutes)

(This time is reserved for quiet prayer as well as for an action-response to the communal reflections. You may wish to create and add petitions of prayer at this time. This time also intent to provide moments to connect and “outreach” to the larger community.)

GROUP PRAYER COMMITMENT

- The Red Stocking Campaign and Kindness Counts Campaign will begin next weekend – how will your group be involved?

Group Action:



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As a group conclude your time, or commit to time before the Blessed Sacrament in our Adoration Chapel. Pray for peace in your hearts, in your homes and in our world. Remember Eucharistic Adoration never replaces the “source and summit” of who we are – the Eucharist – but it available in [our Chapel 24 hours per day. Discover it and pray there often.](#)

Spend some time listening again to [“Good, Good Father”](#)

- What parts of the lyrics jump out at you? Why? Are there some this week that you “heard” any different than last week?”

Let up pray (together)

*Almighty and ever-living God,
whose will is to restore all things in your beloved Son,
the King of the universe, grant, we pray,
that creation, set free from slavery,
may render you majestic service,
and ceaselessly proclaim your praise.
Through Christ our Lord, Amen.*

With hands and hearts united in gratitude for God’s favors on us today, we pray that all those in our influence be moved to be open to your Word and your Spirit, while we pray united as one,

OUR FATHER...

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